

DO YOU GET UP WITH A LAME BACK?



Have You Rheumatism, Kidney, Liver or Bladder Trouble?

To Prove what Swamp-Root, the Great Kidney, Liver and Bladder Remedy, will do for YOU, ask our Readers May Have a Sample Bottle Sent Free by Mail.

Pain or dull ache in the back is unmistakable evidence of kidney trouble. It is nature's timely warning to show you that the track of health is not clear.

If these danger signals are unheeded, more serious results are sure to follow. Bright's disease, which is the worst form of kidney trouble, may result upon you.

The mild and extraordinary effect of the world-famous kidney and bladder remedy, Dr. Kilmer's Swamp-Root, is soon realized. It stands the highest for its wonderful cure of the most distressing cases. A trial will convince any one and you may have a sample bottle free, by mail.

Gentlemen—I attribute my present good health to Swamp-Root. I suffered many years with kidney trouble and had an almost constant pain in my back. Your great remedy, Swamp-Root, cured my trouble, and I have since been perfectly well.

Yours truly,
B. H. CHALKER, ex-Chief of Police,
Ozark, Ala.

Lame back is only one symptom of kidney trouble—one of many. Other symptoms showing that you need Swamp-Root are being obliged to pass water often during the day and to get up many times during the night, inability to hold your urine, smarting or irritation in passing, brick dust or sediment in the urine, catarrh of the bladder, uric acid, constant headache, dizziness, sleeplessness, nervousness, irregular heart-beating, rheumatism, bloating, irritability, worm-like feeling, lack of ambition, loss of flesh, sallow complexion.

If your water, when allowed to remain undisturbed in a glass or bottle for twenty-four hours, forms a sediment or settling, or has a cloudy appearance, it is evidence that your kidneys and bladder need immediate attention.

In taking Swamp-Root you afford natural help to nature, for Swamp-Root is the most perfect purifier and gentle aid to the kidneys that is known to medical science.

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4016-123-5

Falling Hair

If your scalp is oily, dry, scaly, irritated and itching, your hair falling out, or showing other evidence of decay, it is because of a temporary condition, permanently cured the cause, and promote a new, healthy, natural growth. Office hours, 9 to 6.

My scientific treatment never fails. Thirty years' practical experience. Call or write personally to

JOHN H. WOODBURY, D. O., 602 11th, Cor. F St. N.W., Washington, D. C.

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Most Popular Favorite Resort of the Citizens of India.

FEW OFFICIALS SEEN

LONG AND WINDING RIDE UP THE MOUNTAIN SIDE.

A City of Hotels, Hospitals and Boarding Houses—Seeing the Sun Rise.

BY WILLIAM E. CURTIS, Special Correspondence of The Evening Star and Chicago Record-Herald.

DARJEELING, India, March 22, 1904.

This is one of the most favored spots on earth, the loveliest place in India, and the favorite resort and sanitarium of the citizen element as distinguished from military and official circles. It is a hard journey, both going and coming, and a traveler gets impatient when he finds that it takes him from 4 o'clock in the afternoon of one day until nearly 2 o'clock of the next to make a journey of 246 miles. He leaves Calcutta with the thickest clothing he can buy, but when he arrives here he is glad that he brought his overcoat and gloves, and pulls a second blanket over himself at night. At the same time it is not so cold in Darjeeling as one would expect from the altitude of 7,400 feet above the sea, and the latitude, which is about 27 degrees 50 minutes. You travel from 4 o'clock till 7 upon a railway of ordinary gauge, cross the Ganges on a steamboat for an hour, take your dinner while afloat; change into a three-foot gauge train until 4:30 in the morning, when you are routed out, given a cup of coffee and a roll, and transferred to a baby carriage on wheels which crawl up the foothills of the Himalayas at the rate of six miles an hour.

The track is only two-foot gauge, with forty-pound rails which have been laid upon the ancient highway over which the caravans from China and India have passed for thirty centuries. It winds in and out of gorges and defiles, and at several points the engineers have had to cut a foothold for their wheels over steep and precipitous slopes. It doubles on itself repeatedly, describes the letter S and the letter Z, and the figure 8, and zigzags about so recklessly that the passenger is liable to get dizzy. The first half of the train and then at the other. Englishmen who write books on India assert that it is the grandest railway journey in the world, and we can show them several quite as picturesque and attractive in our own beloved Rocky mountains. The only advantage they have over us here is the superior height of the mountains and the superior size of the trees. But you must remember that our country is young yet, and India is one of the oldest nations in the world.

The first few miles of track lie in a dense jungle, with vegetation of truly tropical luxuriance. Cane stalks grow fifty and sixty feet high. The grass is deep, and the beautiful bamboo trees, whose foliage is as fine as feathers, and palms which have plume-like a peacock and a bird of paradise, are everywhere. The forest is so dense that the sun's rays are filtered through the canopy of leaves, and the air is cool and refreshing.

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In the group have their advocates, and over in Cashmere are several which lift their heads nearly as high as 30,000 feet, but few of them have been accurately measured, and the height of none can be determined with exactness. Mount Godwin, in Cashmere, is very near the height of Everest, and many claim that Kinchinjunga is even higher.

Few Officials Seen.

Darjeeling is a sanitarium of the greatest benefit to the people of India. The town is made up chiefly of hotels, hospitals and summer bungalows belonging to the mercantile class of Calcutta. Few officials except military officers ever come here. The official society follows the vicar to Simla, where the summer is always gay, but those who seek health and rest and are fond of nature prefer to come here. The hotels are good, there are plenty of boarding houses, and there you must upon all sorts of infirmities, and perhaps there is no other place in the world with such an ideal climate within a day's travel of the tropics. The boarding houses are scattered all over the hillsides without regularity or arrangement. Wherever a level spot has been found some kind of house has been erected, usually without any architectural taste, and the common use of corrugated iron for building material has almost spoiled the looks of the place. There are plenty of timber, and these great mountains are built of stone, so that there is no excuse for the atrocious structures that have been erected here.

Everybody who comes is expected to get up at half-past 3 in the morning in order to see the sunrise. Everything is arranged by the managers of the hotel. They have fixed the sunrise at that hour in order to compel their guests to make the greatest possible effort to see it because the sun will thus remember the incident, and the experience will remain longer in their memory. They give you a cup of coffee and a roll, and you must upon all sorts of infirmities, and perhaps there is no other place in the world with such an ideal climate within a day's travel of the tropics. The boarding houses are scattered all over the hillsides without regularity or arrangement. Wherever a level spot has been found some kind of house has been erected, usually without any architectural taste, and the common use of corrugated iron for building material has almost spoiled the looks of the place. There are plenty of timber, and these great mountains are built of stone, so that there is no excuse for the atrocious structures that have been erected here.

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